



BINGE DRINKING, by definition, is: the consumption of five drinks in a row for men and four drinks in a row for women.

A **DRINK** is considered to be: one 12-ounce bottle of beer or a wine cooler or one 5-ounce glass of wine or 1.5 ounces of liquor.

A study conducted by the Harvard University School of Public Health found that CLOSE TO HALF OF ALL COLLEGE STUDENTS PARTICIPATE IN BINGE DRINKING. Also noted was a significant increase in drunkenness three of more times in the past month.

Over half of all students drink to specifically get drunk. Not only do these students affect their own lives, they affect the lives of those around them.

Alcohol Policy

IN COMPLIANCE WITH
KENTUCKY STATUTES:

-It is unlawful for a person to sell, give, purchase, or procure any alcoholic beverage for anyone under 21 years of age.

-It is unlawful for anyone under twenty-one years of age to misrepresent his or her age for the purpose of purchasing alcoholic beverages.

-It is unlawful for anyone under 21 years of age to use any false, fraudulent, or altered identification card, paper, or other document to purchase any alcoholic beverage.

-It is unlawful for anyone to drink or be under the influence of any alcoholic beverage in public places.

For more information, contact:

University Health Service
(859) 323-5823 or 323-5511
<http://www.mc.uky.edu/ukhealth>

UK Alcohol/Health Education Office
(859) 257-9687

UK Counseling and Testing Center
(859) 257-8701

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ALCOHOL POISONING



Tips To Avoiding A Ride To The Hospital

Kentucky Office of
Alcoholic Beverage
Control
1003 Twilight Trail
Frankfort, KY. 40601
(502) 564-4850

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University of Kentucky
Chandler Medical Center

Binge Drinking And You

Without a doubt, college is an exciting place to explore one's independence. However, college life can be a source of stress. While many students view drinking as a way to relax, have fun, and meet new people, the negative effects of alcohol use outweigh the perceived benefits. Of college students surveyed in 1997, one in five students experienced five or more alcohol-related problems. Frequent bingers are eight times more likely to identify these problems than non-bingers.

The problems reported are:

- Doing something regretful*
- Missing a class*
- Forgetting what happened*
- Getting behind in school work*
- Arguing with friends*
- Engaging in unplanned and/or unprotected sexual activity*
- Getting hurt or injured*
- Damaging property*
- Driving after drinking*
- Trouble with campus or local police*



SIGNS / SYMPTOMS OF ALCOHOL POISONING

- Unconsciousness or semi-consciousness
 - Slow respirations, less than eight per minute or more than 10 seconds between respirations.
 - Cold, clammy, pale skin
 - Strong odor of alcohol
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- If any one of these occur**
CALL 911
do not take any risks!!
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Tips To Avoid Alcohol Poisoning

- Drink slowly!! Limit yourself to one drink an hour.
- Alternate alcoholic beverages with water to prevent dehydration and a hangover in the morning.
- Don't fall into the trap of taking social shots. Drinking hard liquor in a short amount of time is a good way to get yourself into trouble.

Alcohol is a depressant drug that slows the body's functions. When consumed in large doses, the risks include unconsciousness or even DEATH!!

SECONDHAND EFFECTS

Misuse of alcohol can seriously affect friends and family. College students are affected by others' drinking habits including:

- Being insulted or humiliated
- Having an argument or quarrel
- Being pushed, hit, or assaulted
- Damaging property
- Taking care of a drunken student
- Interrupting study and sleep
- Having an unwanted sexual advance
- Being a victim of sexual assault or date rape.